

2013 California Children's Healthy Eating and Exercise Practices Survey

Table 30: Breakdown of the Dairy Products Reported by California Children (N=651)

| Types of Dairy Products | Mean Servings (1 cup-eq) |
|------------------------------------|-------------------------------------|
| Total Dairy | 1.97 |
| Milk ¹ | 1.25 |
| Cheese | 0.49 |
| Yogurt | 0.07 |
| Dairy Desserts ² | 0.12 |
| Nondairy Alternatives ³ | 0.04 |

Dairy servings are generally based on the *Dietary Guidelines for Americans 2010*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees.

¹ Milk includes milk and flavored milks.

² Dairy Desserts include ice cream, milk shakes, frozen yogurt, ice cream sandwiches, custard, pudding, fudgsicles, sweetened meal replacement, etc.

³ Nondairy alternatives include soy, rice, and grain based nondairy alternatives.

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Table 31: Total Servings of Dairy Products Reported by California Children (N=651)

| | Reported Mean Servings (1 cup-eq) | |
|------------------------------|-----------------------------------|-------------------|
| | All Dairy Products | Milk ¹ |
| Total | 2.0 | 1.3 |
| Gender | | |
| Male | 2.1 * | 1.3 * |
| Female | 1.9 | 1.2 |
| Age | | |
| 6-8 | 2.0 | 1.3 * |
| 9-11 | 1.9 | 1.1 |
| Ethnicity | | |
| White | 2.1 | 1.1 * ab |
| Black | 1.9 | 1.0 a |
| Hispanic | 2.0 | 1.3 b |
| Asian/Other | 2.1 | 1.2 ab |
| Parent Education | | |
| Less than High School | 1.9 | 1.3 |
| High School Graduate | 2.0 | 1.2 |
| Some College/Graduate | 2.1 | 1.2 |
| Overweight Status | | |
| Not Overweight | 2.0 | 1.2 |
| Overweight/Obese | 2.0 | 1.2 |
| Fruits and Vegetables | | |
| Met MyPlate (2½-5 cups) | 2.2 * | 1.4 |
| Below Guideline | 1.9 | 1.2 |
| Physical Activity | | |
| ≥ 60 minutes | 2.0 | 1.2 |
| < 60 minutes | 1.9 | 1.3 |
| School Breakfast | | |
| Yes | 2.4 *** | 1.7 *** |
| No | 1.8 | 1.1 |
| School Lunch | | |
| Yes | 2.2 *** | 1.5 *** |
| No | 1.8 | 1.1 |
| Fast Food | | |
| Yes | 2.2 | 1.0 * |
| No | 1.9 | 1.3 |
| Nutrition Lesson | | |
| Yes | 2.0 | 1.3 |
| No | 1.9 | 1.3 |

Dairy servings are generally based on the *Dietary Guidelines for Americans 2010*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees.

¹ Milk includes milk and flavored milks.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

ANOVA

* p<.05

** p<.01

*** p<.001

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Table 33: Proportion of California Children Meeting the Recommendations for Dairy Products (N=651)

| | Percent Eating Recommended Servings of Dairy (2½-3 cup-eq) |
|------------------------------|--|
| Total | 26.1 |
| Gender | |
| Male | 27.1 |
| Female | 25.0 |
| Age | |
| 6-8 | 30.5 ** |
| 9-11 | 20.8 |
| Ethnicity | |
| White | 32.5 |
| Black | 19.7 |
| Hispanic | 25.5 |
| Asian/Other | 33.3 |
| Parent Education | |
| Less than High School | 23.3 |
| High School Graduate | 26.9 |
| Some College/Graduate | 29.8 |
| Overweight Status | |
| Not Overweight | 22.4 |
| Overweight/Obese | 28.4 |
| Fruits and Vegetables | |
| Met MyPlate (2½-5 cups) | 37.6 * |
| Below Guideline | 24.4 |
| Physical Activity | |
| ≥ 60 minutes | 28.8 |
| < 60 minutes | 22.8 |
| School Breakfast | |
| Yes | 39.7 *** |
| No | 22.0 |
| School Lunch | |
| Yes | 30.5 * |
| No | 22.7 |
| Fast Food | |
| Yes | 33.2 |
| No | 25.1 |
| Nutrition Lesson | |
| Yes | 29.9 |
| No | 23.9 |

Dairy servings are generally based on the *Dietary Guidelines for Americans 2010*, which defines a serving as approximately equivalent to the amount of calcium in 1 cup of milk or yogurt, 1½ ounces of natural cheese and 2 ounces of processed cheese. FDA serving sizes are used for other food items in this classification when the Dietary Guidelines do not apply. Servings include dairy consumed separately (plain) and in recipes containing dairy, e.g., soup, lasagna, casseroles, commercial entrees.

Based on the *Dietary Guidelines for Americans 2010*. Recommendations vary by age, gender, and level of physical activity. For children ages 6-11, the recommended amount of dairy products is 2½-3 cup-equivalents per day. The amounts used here are appropriate for children who get less than 30 minutes per day of moderate physical activity, beyond normal daily activities. Those who are more physically active may be able to consume more while staying within calorie needs.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001

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Table 34: Type of Fluid Milk Reported by California Children (N=651)

| | Type of Milk Consumed ¹ , Out of Milk Drinkers ² , Percent | | | Out of All Children, Percent who Drank Low Fat Milk ³ |
|------------------------------|---|-------------|-------------|--|
| | Nonfat/1% | 2% | Whole | |
| Total | 15.8 | 70.3 | 13.9 | 28.3 |
| Gender | | | | |
| Male | 17.3 | 70.0 | 12.7 | 31.3 |
| Female | 14.0 | 70.8 | 15.2 | 25.2 |
| Age | | | | |
| 6-8 | 13.9 | 73.5 | 12.6 | 28.3 |
| 9-11 | 18.1 | 66.4 | 15.5 | 28.3 |
| Ethnicity | | | | |
| White | 22.7 | 53.4 | 23.9 | 33.6 |
| Black | 21.9 | 56.8 | 21.3 | 29.9 |
| Hispanic | 13.4 | 75.7 | 10.9 | 26.5 |
| Asian/Other | 22.3 | 57.0 | 20.7 | 37.8 |
| Parent Education | | | | |
| Less than High School | 13.7 | 74.4 | 11.9 | 25.9 |
| High School Graduate | 17.6 | 76.5 | 5.8 | 29.7 |
| Some College/Graduate | 18.1 | 61.0 | 20.9 | 31.0 |
| Overweight Status | | | | |
| Not Overweight | 13.4 | 69.2 | 17.4 | 26.2 |
| Overweight/Obese | 21.7 | 67.0 | 11.3 | 33.4 |
| Fruits and Vegetables | | | | |
| Met MyPlate (2½-5 cups) | 16.1 | 69.5 | 14.4 | 31.7 |
| Below Guideline | 15.7 | 70.5 | 13.8 | 27.8 |
| Physical Activity | | | | |
| ≥ 60 minutes | 18.3 | 65.9 | 15.8 | 32.6 |
| < 60 minutes | 12.8 | 75.6 | 11.6 | 23.0 |
| School Breakfast | | | | |
| Yes | 25.2 | 62.7 | 12.1 | 45.7 |
| No | 12.7 | 72.8 | 14.5 | 23.0 |
| School Lunch | | | | |
| Yes | 21.5 | 65.0 | 13.6 | 42.8 |
| No | 10.9 | 74.9 | 14.2 | 17.1 |
| Fast Food | | | | |
| Yes | 19.5 | 59.0 | 21.5 | 31.0 |
| No | 15.3 | 71.8 | 12.9 | 27.9 |
| Nutrition Lesson | | | | |
| Yes | 22.3 | 66.0 | 11.6 | 33.6 |
| No | 12.9 | 72.6 | 14.5 | 26.5 |

¹ Categorization was based on intake (not frequency); if two milk types were equally consumed child was placed in higher fat category. This includes flavored milk, but not flavored milk powder.

² Milk drinkers includes those reporting more than 0 servings of milk.

³ Includes those reporting 0.5 or more servings of nonfat and/or 1% milk only.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

Boxes that are all gray indicate that the chi-square test is not valid due to a high percentage of cells with expected counts less than 5.

* p<.05

** p<.01

*** p<.001